

Activity Conversion Chart



Activity	Minutes Per 1 Mile
Baseball/Softball	18
Basketball	16
Bicycling	12
Bowling	24
Dancing	15
Football	12
Gardening	14
Gymnastics	17
Hockey	12
Ice Skating	14
Jumping Rope	12
Rollerblading	12
Soccer	13
Stair Climbing	12
Swimming	14
Tennis	15
Vacuum/Scrub/Mop	18
Volleyball	24
Washing the Car	24
Wheel Chair	24

(Don't see an activity on the chart?
Look it up on the internet.)

***1 mile \approx 2500 steps**